

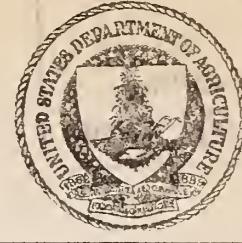
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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
AUGUST 2, 1933 (WEDNESDAY)

## THE MARKET BASKET

by  
Bureau of Home Economics, U. S. Department of Agriculture

## FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

## BUILD UP A VITAMIN RESERVE

Storing up food for winter means, in the ordinary sense, putting food away to be eaten when winter comes. It may, however, mean something else, says the Bureau of Home Economics of the U. S. Department of Agriculture. It may mean eating plenty of certain kinds of foods right now, to build up a food reserve in your body. Particularly, you can store up a reserve of some of the vitamins, against a possible scarcity of vitamin-rich foods in winter.

Midsummer is the very time for that, for gardens and the summer sunshine, directly or indirectly, are sources of all the vitamins thus far known. Garden foods are most abundant now, the summer days are longest now, and the summer sun is richest in ultra-violet rays. Greens, fresh peas, snap beans, limas, okra, tomatoes and new potatoes are much cheaper now than they will be when the home gardens



have gone by. These vegetables will provide you with all the vitamins except one, and plenty of sunshine will give you that one.

Authorities agree that at least six vitamins-- called by the letters of the alphabet, A, B, C, D, E, and G-- are indispensable to human health. There may be others, not yet identified. But it is not always easy to get a full quota of all the vitamins. Some of them are found in many different foods, but usually the quantity in one ordinary serving of cooked food is small. Furthermore, the supply of green foods, for most people, is uneven-- more abundant and cheaper in the growing seasons, less abundant or less obtainable in the winter, or off season. It is then that the body needs its vitamin reserves-- the accumulated store, which serves to a degree as insurance in the time after the gardens have gone by and the sunshine is less powerful.

Vitamin C, however, is not stored to any great extent, and must be provided daily in the diet-- a fact, by the way, which makes canned tomatoes very important in winter. Vitamin B, also, is stored only to a limited extent, but it is found in many of the winter time foods. Plenty of sunshine will give you vitamin D.

But why so much stress on vitamins? Many people still ask that question.

It is true that vitamins are very much of a mystery, even to science. Twenty-five years ago nobody had heard the word. Now we know that vitamins are substances contained in foods. Their presence or absence can be proved, and the part they play is in large degree established. Perhaps their reality is most convincingly proved when they are absent, for if they are lacking long enough, acute disease occurs.

In other words, vitamins are best known by their works. For example, a serious eye trouble (xerophthalmia) afflicts people who do not have green foods or some other food that supplies <sup>enough</sup> vitamin A. Several other diseases that are common



among people who live on a limited variety of foods are known to be curable by changing the diet. In most cases the faulty diets consist too largely of cereals and breadstuffs, which are poor in vitamins. But usually the cereals-- corn, wheat, rice-- are the cheapest articles of food and naturally the most widely used by people whose diet is most restricted by cost.

Many people, however, and especially many children, are ill-fed for no reason of scarcity, either of food or money. The food they have may be more than enough in quantity but it may be poor in one or more of the different food substances necessary to good nutrition. The result in such cases is subnormal health or existence on the border line of disease. There are many more people in these stages than in a condition of acute deficiency disease. They are ill-fed not so much through lack of food as through lack of understanding of what they need or perhaps through tradition or habit. In America particularly, for many generations, the specialists say, it was not our habit to use enough green foods to balance the cereals and meats in the usual diet.

In short, when something is lacking in the diet, in this country at all events, it is often something that is found in the garden foods, or something derived from the sun's rays. Therefore, make the most of the gardens and the sunshine while they are at their best, to get a good start for the winter.

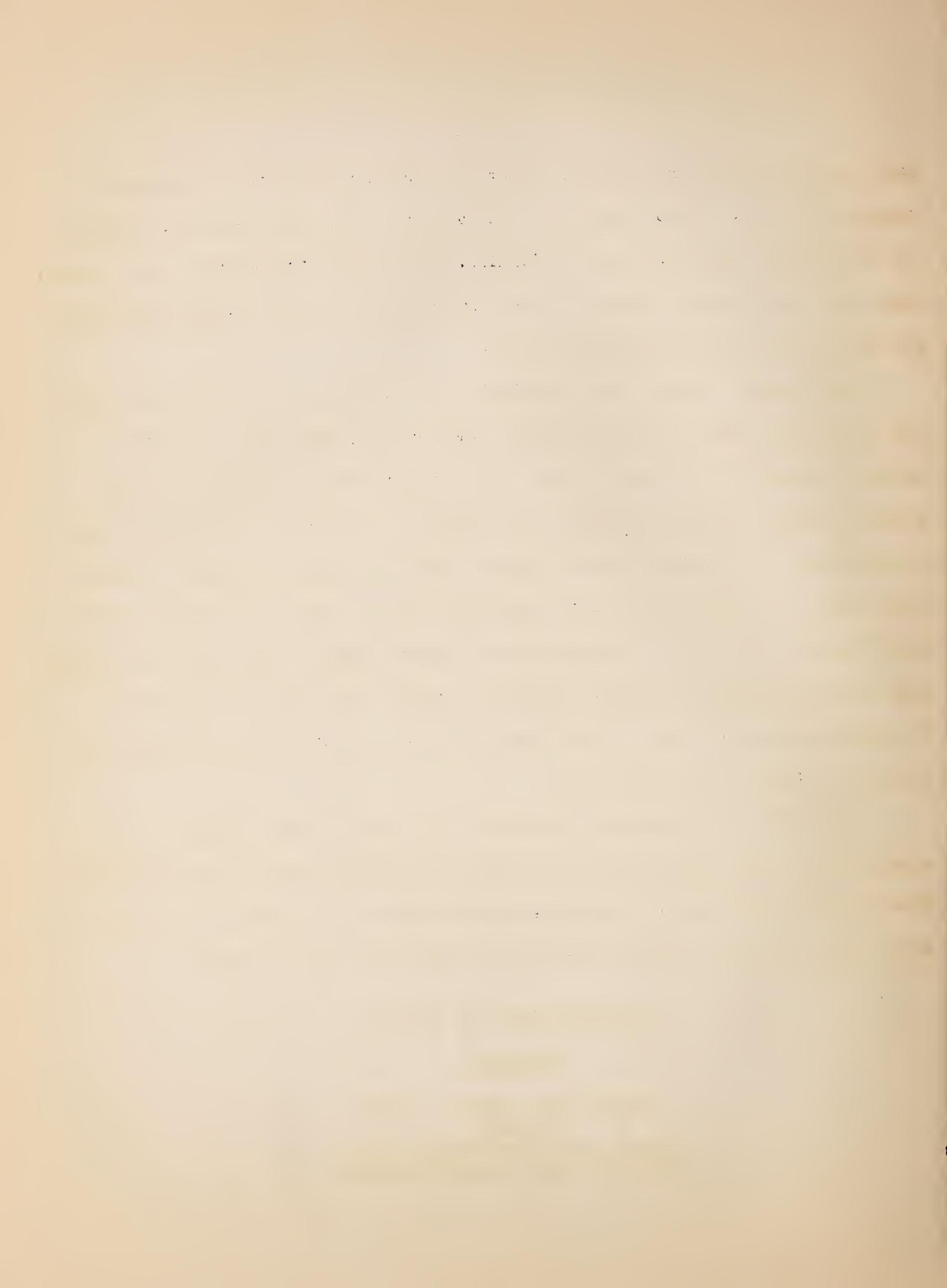
#### LOW-COST MENU FOR ONE DAY

##### Breakfast

Cracked wheat cereal - Toast

Top Milk

Tomato juice for youngest child  
Coffee (adults) - Milk (children)



Dinner

Frizzled Dried Beef  
Corn on the Cob - Fried Tomatoes  
Bread and Butter  
Iced Milk for all

Supper

Creamed Snap Beans  
Whole Wheat Bread and Butter  
Sliced Peaches with Flaky Rice,  
Sugar, and Top Milk  
Milk for children

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RECIPES

Fried Tomatoes

6 or 8 firm tomatoes  
1 egg  
1 tablespoon cold water

Finely sifted bread crumbs  
Salt and pepper  
1 tablespoon chopped parsley

Wash the tomatoes, remove a thin piece from the stem end, and cut the tomatoes into slices about one-half inch thick. Beat the egg slightly, add water, dip the tomatoes in this, and roll in the bread crumbs, which have been seasoned to taste with salt and pepper. Allow the coated tomatoes to dry out somewhat before frying. Heat fat, place the coated tomatoes in the hot fat, brown on one side, then turn carefully, and reduce the temperature so that the tomatoes will have sufficient time to cook before browning. Serve on a hot platter, garnish with chopped parsley, and serve at once.

Fried Okra

2 quarts okra  
4 tablespoons fat.

Salt to taste

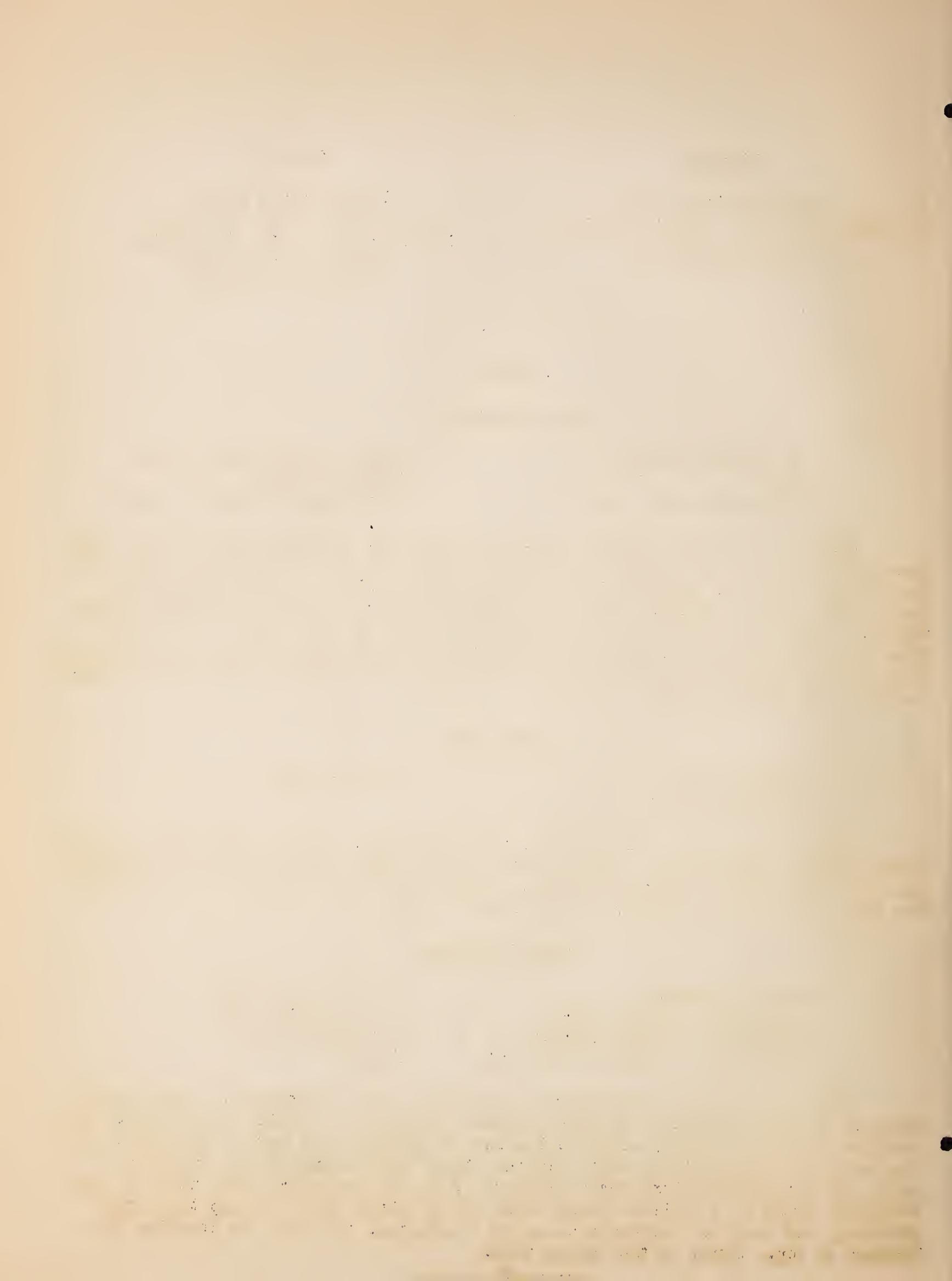
Select young okra, wash it well, dry thoroughly, and cut crosswise in pieces about one-half inch thick. Heat the fat, add the okra, cover, cook for 10 minutes, and stir frequently to prevent burning. Remove the cover, continue to cook until the okra is tender and lightly brown. Serve at once.

Baked Cucumbers

4 large cucumbers  
2 tablespoons chopped onion  
2 tablespoons chopped parsley  
4 tablespoons butter or other fat

1 cup bread crumbs  
1 cup tomato pulp  
1 teaspoon salt  
Pepper

Wash and pare the cucumbers and cut them in half lengthwise. Scoop out as much of the seed portion as possible without breaking the fleshy part, parboil the cucumber shells in lightly salted water for 10 minutes, and drain. Meanwhile cook the onion and parsley in the fat, add the other ingredients and the cucumber pulp, and cook this mixture for 5 minutes. Fill the cucumber shells with the hot stuffing, place in a shallow baking dish, add a little water to keep them from sticking, and bake in a moderate oven for 15 minutes, or until the stuffing has browned on top. Serve in the baking dish.





U. S. DEPARTMENT OF AGRICULTURE  
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WASHINGTON, D. C.

## THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

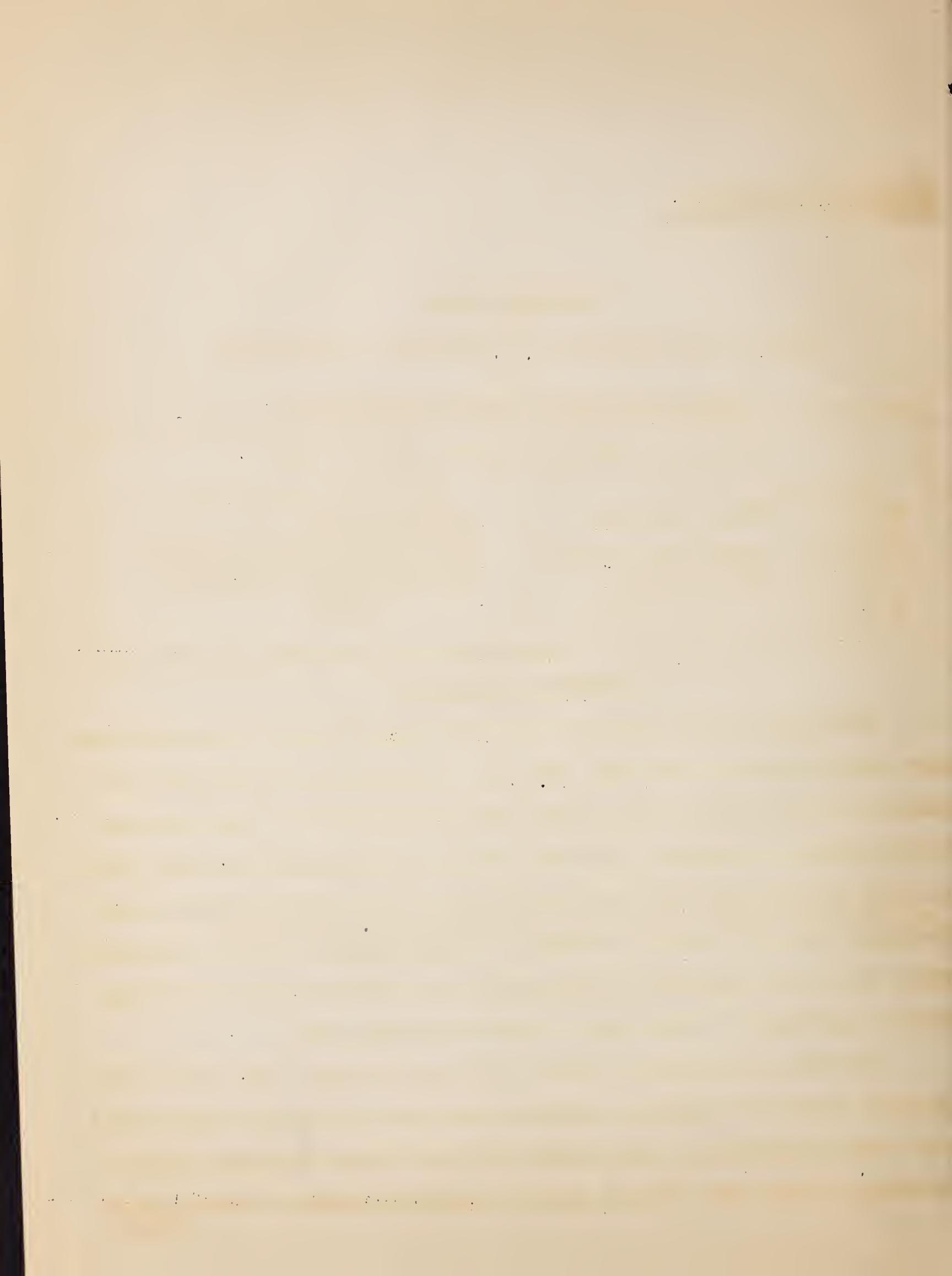
Every day --

Cereal in porridge or pudding	:	Two to four times a week --
Potatoes	:	Tomatoes for all
Tomatoes (or oranges) for children	:	Dried beans and peas or peanuts
A green or yellow vegetable	:	Eggs (especially for children)
A fruit or additional vegetable	:	Lean meat, fish, or poultry or
Milk for all		cheese

## TOMATOES AT THEIR BEST

There comes a time of year when all this country, and not just the South, may enjoy fresh tomatoes at their best. That time is here, as you do not need to be reminded if you are lucky enough to have garden space in which you grow your own. But city folks, the gardenless, may forget that the vine-ripened, home-grown tomato is a much more flavorful fruit than the one which is grown many miles away, picked All the fine nutritive values of the tomato, as well as the flavor, for shipment when still green, and ripened in storage, /says the Bureau of Home Economics of the U. S. Department of Agriculture, are at their best when the sun has had full opportunity to do its work on vines and ripening fruit.

The season for home-grown tomatoes is now at its height. All over the country family gardens are yielding, commercial growers are getting their crops to market. Canning factories are busy producing the tomato juice, the canned tomatoes, the catsup or chili sauce that may appear on countless thousands of family tables



next winter. Housewives are canning from the family patch, community canning centers are putting up tomatoes for relief supplies later on. Last year the tomato crop that was sent to market amounted to more than 18 million bushels of fresh tomatoes, and the canneries put out more than one and a half million tons-- nearly all used in the United States.

It is evident that Americans appreciate tomatoes. The United States is said to be the largest per capita consumer, and there seems to be, literally, nothing that could take the place of tomatoes. The characteristic color and flavor, refreshing quality, adaptability to any part of the meal, make them a god-send to the housekeeper. When you consider their nutritive values in addition, tomatoes are unique. Modern science finds them one of the very best of the "protective foods," because they are a good source, not of just one, or two, but of three of the vitamins.

Then there are those very important qualities of the tomato which make it unusual for cooking and canning. Vitamin C, for which the tomato is particularly valuable, is easily destroyed by heat, but the acidity of the tomato helps reduce this loss. To a less extent, the same thing is true of vitamin B also. Again because of their acid content, and their juiciness, tomatoes are easier to can than other vegetables. A pressure cooker is not needed, in fact is not desirable for tomatoes, although necessary in canning the non-acid vegetables to insure the prevention of spoilage. For tomatoes, says the Bureau of Home Economics, use the hot-pack method of canning-- i.e., heat the tomatoes to boiling and pack them hot into the containers-- then process them in the hot-water bath.

Canned tomatoes-- canned when the fresh tomatoes are at their best-- are so important as a winter food that nutritionists recommend a serving in some form three times a week. This amounts to about a pint a week for each member of the family, or 16 to 20 quarts per person for eight months of winter. It takes about  $2\frac{1}{2}$



to  $3\frac{1}{2}$  pounds of raw tomatoes to make one quart canned-- or, roughly, a bushel of raw tomatoes to make an eight months' supply for one person.

Hardly any other article of food can be used in as many ways as the tomato. Raw, cooked, or canned, in some form tomatoes may appear in any part of any meal. The baby has his tomato juice for breakfast, but you may prefer your tomatoes sliced and broiled or fried, to be eaten with your hot biscuit. A fresh tomato, sliced or quartered, may be one of the vegetables on your plate at lunch or dinner or supper. Perhaps it is sliced with onions on a lettuce leaf for salad, or with cottage cheese. Perhaps it is hollowed out and stuffed with chopped cabbage, or with chopped meat salad, for your lunch, or supper. Scalloped or stuffed and baked, tomatoes fit in admirably with potatoes, or corn, or rice or beans at dinner. Broiled tomato on toast, with a bit of melted cheese and a curl of bacon in the center of the slice, is an attractive supper dish. And there are the countless uses of tomatoes in soups, in scalloped dishes with rice, macaroni, potatoes and beans, in tomato jelly, in preserves-- not to mention the ever popular tomato-juice cocktail. Later on, green tomatoes that come too late to ripen on the vines before frost comes will be used for pickles, for broiling, or in green tomato pie.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16	lbs.
Flour . . . . .	1 - 2	"
Cereal . . . . .	4 - 6	"
Whole fresh milk, or	23 - 28	qts.
Evaporated milk . . . . .	25 - 31	tall cans
Potatoes . . . . .	15 - 20	lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2	"
Tomatoes, fresh or canned, or citrus fruits . . . . .	6	"
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . . . .	$2\frac{1}{2}$	"
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20	"
Sugar and molasses . . . . .	3	"
Lean meat, fish, cheese and eggs . . . . .	5 - 7	"
Eggs (for children) . . . . .	8	eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Cereal - Toast  
Tomato juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Meat Loaf - Rice  
Tomatoes Stewed with Cucumbers  
Hot biscuits (add extra fat to  
some of dough and bake as  
shortcake for supper)

Creamed Carrots, Potatoes and Onions  
Whole Wheat Bread and Butter  
Peach Shortcake  
Milk for all

RECIPES

Fresh Tomato Cocktail

8 to 10 ripe red tomatoes  
 $\frac{1}{2}$  teaspoon onion pulp

Salt and pepper to season  
Grated horseradish

Wash, and chop the tomatoes. Press through a fine sieve rejecting the skin and seeds. Add the seasonings. Chill and beat well before serving.

Stewed Tomatoes and Cucumbers

1 quart tomatoes, fresh or canned  
1 pint pared and diced cucumbers  
2 teaspoons salt  
Pepper

$\frac{1}{2}$  small onion, sliced  
2 tablespoons fat  
2 tablespoons flour

If fresh tomatoes are used, skin and cut them into small pieces. Cook the tomatoes, cucumbers, and onion together for 15 minutes or until the cucumbers are tender. Add the salt and pepper. Blend the flour and butter, mix with a little of the hot tomato juice, then pour this thickening into the mixture and cook until thickened. Serve at once.

Codfish, Spaghetti, and Tomatoes

$\frac{1}{2}$  pound salt codfish, diced  
2 cups spaghetti, broken in small pieces  
1 quart tomatoes, fresh or canned  
1 onion, sliced

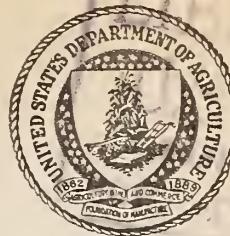
2 tablespoons chopped parsley  
2 tablespoons of fat  
Salt if needed

Soak the codfish in cold water to cover for 2 hours or longer, until sufficient salt has been removed, and drain. Cook the spaghetti in boiling salted water until tender and drain. Simmer the tomatoes and codfish for about 20 minutes. Cook the onion and parsley in the fat for a few minutes, combine all the ingredients, and cook for a few minutes longer. Serve hot.





U. S. DEPARTMENT OF AGRICULTURE  
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WASHINGTON. D. C.

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AUGUST 30, 1933 (WEDNESDAY)

## THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal - Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

## FOOD BARGAINS IN SUMMER FRUITS

What are the best "buys" in fresh fruits? Now at the high time of the year for many fruits, there are bargains to suit even the low-cost food budgets. It's a case of studying the local market and using as much as you can of each fruit as it comes along, says the Bureau of Home Economics of the U. S. Department of Agriculture.

What your particular fruit bargains are just now depend upon where you live. Naturally the home-grown fruits, in season, will be cheapest. This is blueberry time in New England, for example-- other places, too-- and blueberries grow wild. That means they may possibly cost nothing at all but the time and labor for picking them. They are economical also if you buy them, partly because they are small and lie so compactly in the box, there is no waste, and they go far when you serve them



Blackberries in some places will last on through September. They grow wild and they should be cheap wherever they grow. Peaches, though the Georgia crop is gone, are now coming on the market from the North and Middle West and West. So peaches can probably still go on your list of economical fruits. As to melons, cantaloupes now are in season all over the country, they are very cheap, and will be plentiful for another month or so. And watermelons, though past the peak of their season, will continue to be cheap in some localities. Then there are plums-- damsons are cheap in some places, surely-- and soon there will be grapes-- to serve fresh at breakfast, dinner, or supper, and to make into jam for winter.

We are likely to think of these fruits, most of them so juicy, as having little "substance," or food value, however delicious and refreshing. But blueberries-- little blue brothers of the bright red cranberry-- are a good source of iron, which is one of the most important mineral foods. So are blackberries and raspberries, while plums are a fair source, too.

Watermelon, juicier than anything else you can readily think of, and usually called "filling" but not very substantial, contains a fair amount of vitamin A and vitamin C, and also some of vitamins B and G. Cantaloupe is a good source of vitamins A, B, and C, and so are peaches. So the summer fruits have their own useful place as "protective" foods along with the juicy vegetables, even though not ranking quite so high as the best of the vegetables.

The fruits, however, as every housewife realizes, fit into one very important place that vegetables do not fill. Without cooking, with almost no preparation, fresh fruits are good desserts. Melons, peaches, and blackberries are useful also in fruit cups and salads. Of the long list of more elaborate fruit desserts, peach pie, peach cobbler, peach shortcake, blueberry pie, blueberry roll, blackberry pie, blackberry dumpling or cobbler, are among the all-time favorites. Nor should blueberry muffins be forgotten, and there are always, in the good old tradition, plain blueberries and milk.



But fruits have still other uses-- more now than they used to have. At this season you may like to begin your breakfast with a slice of cantaloupe or a peach. In very hot weather, few things are more refreshing than a slice of water-melon or a salad of melon balls at lunch or dinner.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16	lbs.
Flour . . . . .	1 - 2	"
Cereal . . . . .	4 - 6	"
Whole fresh milk, or	23 - 28	qts.
Evaporated milk . . . . .	25 - 31	tall cans
Potatoes . . . . .	15 - 20	lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2	"
Tomatoes, fresh or canned, or citrus fruits . . . . .	6	"
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	2 $\frac{1}{2}$	"
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20	"
Sugar and molasses . . . . .	3	"
Lean meat, fish, cheese, and eggs . . . . .	5 - 7	"
Eggs (for children) . . . . .	8	eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Melon

Hot Cereal - Toast  
Tomato juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Fried Ham - Potatoes and Gravy  
Yellow Squash  
Blueberry Muffins  
Milk for all

Supper

Beet Salad  
Cheese Sandwiches with Rye Bread  
Hot Tea



RECIPES

Quick Blueberry Pudding

1 quart blueberries	2 cups soft bread crumbs
1 cup sugar	2 tablespoons melted butter
$\frac{1}{2}$ cup water	1 tablespoon lemon juice,
$\frac{1}{2}$ teaspoon salt	if desired

Pick over the berries, wash, drain, mix with the sugar, water, and salt, and boil for 5 minutes. Combine the bread crumbs and butter, add to the hot fruit, stir until well mixed, and let stand on the back of the stove for about 30 minutes, but do not let the pudding cook. Add the lemon juice and serve the pudding while still warm with cream or top milk.

Blackberry Flummery

2 cups blackberry juice, from cooked fresh blackberries	3 tablespoons cornstarch
$\frac{1}{2}$ cup sugar (if juice is un- sweetened)	$\frac{1}{4}$ teaspoon salt
	2 tablespoons lemon juice

Heat the blackberry juice in a double boiler, add the sugar, cornstarch, and salt which have been thoroughly mixed, stir until the mixture thickens, cover, and cook for 15 to 20 minutes. Remove from the stove, add the lemon juice, beat well, and pour into a serving dish, and chill. Serve with cream or top milk.

Fresh Peach Tapioca

$\frac{1}{4}$ cup quick-cooking tapioca	$\frac{1}{2}$ teaspoon salt
3 cups water	1 tablespoon lemon juice
1 cup sugar	2 cups sliced fresh peaches
1 tablespoon butter	

Cook the tapioca and water in a double boiler for 15 minutes, add the sugar, butter, salt, and lemon juice. In a greased baking dish, make alternate layers of the tapioca and peaches with a layer of the peaches on top. Bake in a moderate oven until the peaches are tender or until lightly browned on top. Serve either hot or cold, with or without top milk.

